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Medal Of Merit Awarded To Hayward Boy Scout For Life-Saving Action

TOM WOOLSTON, First Class Scout, receives medal of merit from scouting executive Herbert Jensen as proud parents Lynn and Nona Woolston smile approvingly.

(Photo courtesy of Oakland Tribune)

"The craziest things happen to me on my paper route" commented Tom Woolston to his mother Mrs. Lynn Woolston of Hayward, California as he returned from walking his advertiser newspaper route one afternoon. The story that unfolded turned out to be a perfect example of applied Boy Scout ideals and resulted in Tom being awarded the Medal of Merit upon recommendation of the National Court of Honor for saving the life of a 9 year old boy.

Tom L. Woolston, 13, a 1st class scout in Troop 832 was delivering newspapers when he saw 9 year old Paul Wesley, shirt ablaze, screaming and running down a driveway. Quoting from the Medal of Merit Plaque,"...Tom rushed to him and threw him to the ground. Then he rolled over the boy...using his own body and his paper bag to snuff out the flames. Although Paul...suffered 2nd degree burns over his chest and abdomen, his life was saved by Tom's quick, courageous action." The award further stated that, "Tom displayed the highest degree of Scout-like behavior in the rescue."

This special Medal of Merit was presented recently by Scouting executive, Herbert Jensen, to Tom who is the son of Lynn and Nona Woolston of the Hayward 2nd Ward, Hayward Stake. At the time of the life-saving incident, Tom was serving as President of his Deacon's quorum.

Hayward Stake

Local Lamanite Youth Wins In Speech Contest

By Richard K. McDonald
Associate Publisher

Earlene Thomas, 18, a Primary teacher residing in Livermore 2nd Ward, recently garnered 2nd Place honors in the speech contest at the All Lamanite Youth Conference held March 19, 20 at Camarillo, California. Earlene, a Navajo Indian, lives with the Dr. Merien Robins family of the Ward under the Indian Student Placement Program, having moved to their home last September from Snow Flake, Arizona. In her talk entitled, "Go Forth And Serve, Ye Lamanites," she said, "How long have we waited for the day to come when our people would soften their hearts and listen to the great teachings of the restored gospel. The day is here to use our talents, that the Lord has given to us to use....It is our responsibility to search the scriptures in order to reach the hearts of our beloved people and set examples in our personal lives, and say to our people, 'Come, follow me and do the things you see me do'."

"It is time for us to use our abilities and powers that we have never used if we are to become the master of our destiny. The impossible destiny of our people, is becoming possible. Therefore, let us keep our visions high and fulfill the promise of the Lord, and remember that our greatest responsibilities as Lamanite youth is to bring our people, as a nation, into the Church of Jesus Christ of Latter-day Saints."

At this same Conference, Earlene and a close Lamanite friend Linda Wilson, who lives with Wes and Velma Thomas of the Livermore 2nd Ward, received a Superior rating with their vocal duet renderings of "Go My Son" and "I Walk In Beauty." She and Linda will be participating in the talent portion of the Lamanite Youth Conference on May 8, 9 at the BYU where Lamanite youth from all over the United States will gather.

Earlene is one of 9 living children of John Thomas. Her mother Helen passed away 5 years ago and a sister, Alice, died last year. The Thomas family joined the Church 7 years ago through the efforts of Stake Missionaries Brother and Sister Martin D. Bushman in Snow Flake. She has served as President of the Primary at Snow Flake III Branch in the Snow Flake Stake. Last summer she served as a youth missionary to the Navajo people under the direction of President Dale Tingey of the Southwest Indian Mission and plans to fulfill another short-term call this summer. Upon completion she will return to the Robins family and finish her studies to graduate from Granada High School in Livermore.

Earlene completed 2 years in the Church Seminary program in Snow Flake and is presently finishing a 3rd year while at Livermore with plans to attend next fall as a 4th year student. After high school she hopes to enter BYU where she will major in secondary education. Active in sports, she enjoys basketball and baseball. As one might imagine, Earlene enjoys and is very proficient in the Navajo ancient art of bead work.

Brother Robins expressed their family's joy at having Earlene with them in their home and have enjoyed her sweet spirit.

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Regional Youth Dance Rocking Success Here

A series of three dancing parties for the young people of San Mateo, Palo Alto and San Francisco Stakes has been planned by their M.I.A. leaders, who are providing this opportunity for them to become better acquainted with others in this Region.

San Mateo was host to the first dance, held Saturday, April 18, in their Stake Center. a group of 350 attended and had a delightful time dancing to a fine Rock Band.

On Saturday, May 23, Palo Alto will host the dance in their Stake Center at 1105 Valparaiso Avenue, Menlo Park.

An "Out of School" dance will be held in the San Francisco Stake Center on Saturday, June 13.

Dress standards are casual clothes with shirt, tie and dress shoes for boys. For girls, dress, or blouse and skirt. No pants. Suggested donation 50 cents each. Time 8:30 to 11:30 p.m. All young people are invited to attend

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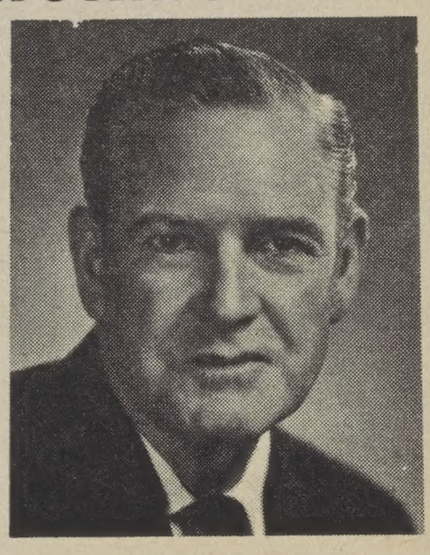

Delvar R. Nelson Files For Office

DELVAR R. CARTER
...Files For Office

Delvar R. Carter, second counselor in the San Leandro Stake Presidency, has announced his candidacy for election to the Castro Valley School Board.

A long time resident of Castro Valley, Brother Carter is father of two sons and two daughters. Donna, his wife, is a talented musician and is a familiar figure at the console of the Interstake Center organ.

Presently employed as controller with Water Works Supply Co., Brother Carter has an extensive background in general business and administrative planning and with his personal interest in community affairs he is well qualified to run for election to the school board.

He served in the U.S. Navy and attended Brigham Young University, University of Utah, University of California, City College of San Francisco and Golden Gate College. He has also served for over fifteen years in administrative church offices.

His statement is as follows:

"The long standing and continuing controversy in the Castro Valley School District is a result of the loss of confidence in the present administration by the parents, teachers and taxpayers of our area.

"As a parent I am concerned with the declining quality of the education and moral training being offered to our children.

"As a taxpayer I am concerned and alarmed at the skyrocketing property taxes used to support our schools.

"As a Certified Public Accountant I am concerned with the lack of expertise, in the preparation, presentation and control of budgets and financial statements. A public body charged with the responsibility of a budget in excess of $8,000,000 must have adequate safeguards to insure confidence by its constituents.

"For these and other equally compelling reasons I feel that it is time for a change in the administration of our schools."

Attention Bishops!

Examine the CLOSE TO HOME section of this month's Messenger. Do you see your Ward there? If not, it is because you have forgotten to appoint a reporter in your Ward to send news to The Messenger.

Coverage of Ward news is not the job of our editorial staff; it is a publicity and missionary opportunity of the individual Ward leadership. It is important that your ward members see the news of their Ward in print, especially the inactives and semi-actives. Please help us do a better job of publishing your Ward's activities by appointing a capable, dependable reporter to write to us each month. Have your reporter follow the instructions below.

The publishers and editors of The Messenger are grateful for your continued support.

—The Editor

The MESSENGER of Northern California

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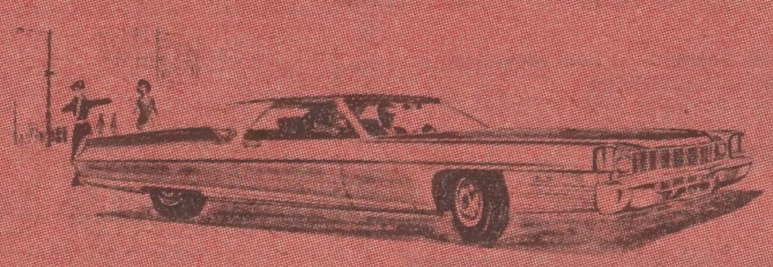

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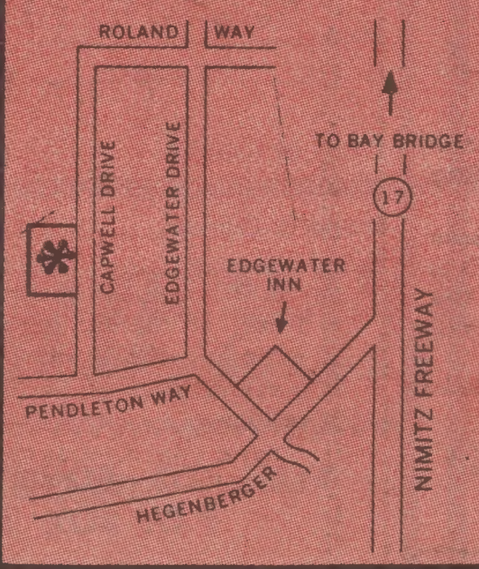

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SAMUEL W. TAYLOR

Special Book Review

You can't tell a book by its cover, and this is particularly true of "The Singing Kings," by Luise King Rey and Ora Pate Stewart, published by Deseret Book Co.

The book ends before most of the 37 members of the King clan shown on the cover joined the family either through marriage or birth. In fact the Singing Kings, as such—which began as the King Sisters trio—are not introduced to show business until ten pages before the end of the book. And the Epilogue tells you that "The Big Band Days," and "Kings of the Air" will be the subject of another volume, not this one.

However, the cover does contain a clue in the name of co-author Ora Pate Stewart. The many thousands of readers familiar with some of her other 20 books, her poetry and songs, her humorous and heart-warming lectures to church groups, will not expect a flashy book full of big names, big events, big money, big times. Mrs. Stewart has never written that way, and in this one she again does her "thing," which is a thing she does very well—she is a master at recounting the homey problems of little people struggling to live big dreams.

And that is what "The Singing Kings" is about, William King Driggs graduates from BYU and goes to the little town of Sanford, Colo., to teach. He meets a girl, and marries her. Wages are small and the family increases rapidly. But what would be a grubby story of drudgery and hardship is touched by magic because of his dream. King Driggs is not just a music teacher—he is an entertainer. He always knows that someday he'll make it big in show business.

The book is halfway through before he gets his great idea—a family orchestra. That Christmas there were no dolls, skates or dresses. Under the tree were musical instruments from Sears, Roebuck, which the whole family learned to play. Then barnstorming in the old Dodge—$6 a performance, $11, $9—with stops many miles apart, gas, oil, tires to buy, and with the cork of the Shinola bottle always coming loose in the luncheon sack.

It was when the instruments were repossessed that the family found itself. Without instruments, it became a singing family, and, eventually, the Singing Kings.

The domestic detail, of which Ora Pate Stewart is such a master, builds chapter by chapter until the book becomes a human document, filled with living people. When finally security comes with fifty whole dollars a week from radio station KLX in Oakland, Calif., you want to stand up and cheer.

For the story of big time show business with the big family, the reader will have to wait for volume two, which can't be written right now—Ora Pate Stewart and her husband, Robert, are occupied full time at present tilling the vineyard in the British South Mission.

Readers of Mrs. Stewart's 21 published books know a great deal about her, for much of her material is autobiographical, and all of it is faith-promoting. Among the Saints, her work is extremely popular: "God Planted a Tree" is in its 20th edition, "Branches Over the Wall" in the 16th; "A Letter to my Son" and "A Letter to my Daughter" have seen 15 printings; and other highly popular books are "Pages from the Book of Eve," "We Believe," "This Word of Wisdom," and "Treasures Unearthed."

She also has written a great many poems, a number of popular songs, and, at this time, has four books in process.

From England she writes, "You can't imagine all the things that use up a missionary's time," which range from doing a literary program in London to a demonstration of bread making for Relief Society, and giving "lessons on the three degrees of glory to a group of the newly baptized—to point them toward the temple."

Almost casually, she adds, "I came on this mission with a broken leg—didn't have time to have it looked at," because of a heavy schedule of lectures before leaving. "Then the flu for a month." Her doctor recommended the mission, she says merrily; "As a rest from my schedule!" But, somehow, "that is actually how it is."

There has been a tendency in intellectual circles to neglect Ora Pate Stewart's literary work, because it is largely occupied with small detail. Yet what will the future verdict be? Historians know that in researching events at Palmyra, Kirtland, Missouri, Nauvoo, and pioneer Utah the major events are well known—but as nuggets of gold are the small details of how the people lived, what they wore, how they cooked, the daily problems of ordinary people. It may well be that in due course of time Ora Pate Stewart's work will be considered a literary gold mine.

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Wife Reads In Diary Of Husband's Baptism

By RICHARD K. McDONALD

Seldom does a wife read about the baptism of her husband in his diary, but that is what happened to Mrs. Gary Lee Rushing.

For seven years, she had hopes that he would join the Church and when he did, he surprised her.

Gary Rushing was a baseball player of some note, playing for the Columbus Jets, which is the franchised team of the Pittsburgh Pirates.

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In 1960, he met Vernon Law of the Pirates, who has been a member of the Church all of his life.

"I remember how impressed I was with Vern. He had the respect of his fellow players because of the life he lived," said Mr. Rushing.

As the years went on, Gary's own self-respect and understanding of life reached a low level and he started asking himself questions.

"What is life all about? Why are we here?" he queried.

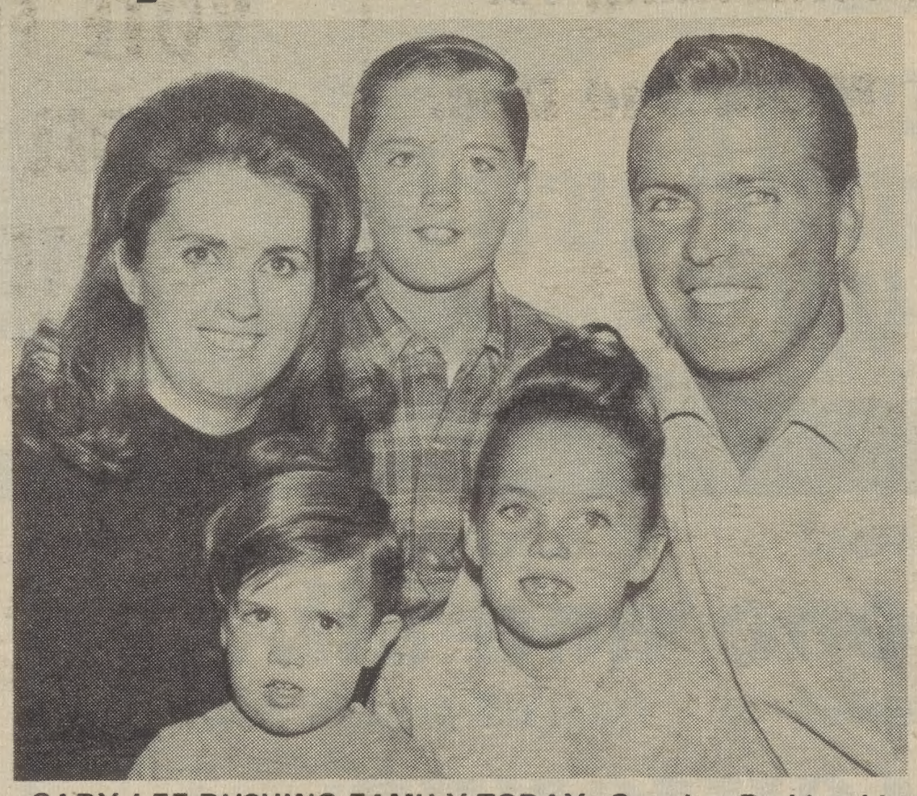
"I really wanted to changy my way of life so I started searching. I remembered some of the teachings and encouragement given to me my wife's grandmother, LaRetha Croff," Mr. Rushing said.

His wife, who had been his high school sweetheart in Sacramento, Gloria Jo Hickman, had been a member of the Church all her life.

By 1964 spring training, he had stopped smoking and drinking. During training, when asked by some of the other players why he had stopped smoking, Mr. Rushing replied that he wanted to get in better shape.

It was in this same season that Gary was sent to play in the Pacific Coast League with the Oklahoma City 89'ers. The Salt Lake Bees are in the same league and he spent the last four days on a road trip playing against the bees in Salt Lake.

On the first day of this Salt Lake visit, Gary left his hotel room and walked across the street to Temple Square where he went on a guided tour and inquired into what books about the Church would be good to purchase.



GARY LEE RUSHING FAMILY TODAY—Gary Lee Rushing, his wife Gloria Jo, their eldest son Vance, daughter Stephani, and youngest son Chris.

The following day, he returned to Temple Square and in his curiousity asked the man in the information booth, "How does one get baptized into the Church?"

The man replied, "Do you want me to make an appointment for you?"

Gary replied, "No, but I'd like to talk with someone about the Church."

He was sent to the Church Office Building, and to his surprise he was greeted by the same individual who had been his guide the day before.

They talked a great deal that day and the next—and were joined in discussion by several other brethren.

Finally, he became convinced he should not put off baptism. What a pleasant surpise it would be to his wife, for him to come home baptized! Mr. Rushing was baptized in the Tabernacle on May 15, 1964, by his guide, LaMarr Williams.

Mr. Rushing left for home and his unsuspecting wife met him at the airport at 5 a.m., less than 24 hours after his baptism.

As was the family routine, Gary handed his wife the little diary that he kept on road trips which recounted the various events and highlights of his trip.

She began to read of the Salt Lake trip.

"Oh, I see that you took the Temple Square tour," was her pleased response.

"What's this. . .'baptized'?" she exlaimed.

She didn't believe it until Mr. Rushing showed her the certificate that he had been given. She was both shocked and thrilled by the happy news.

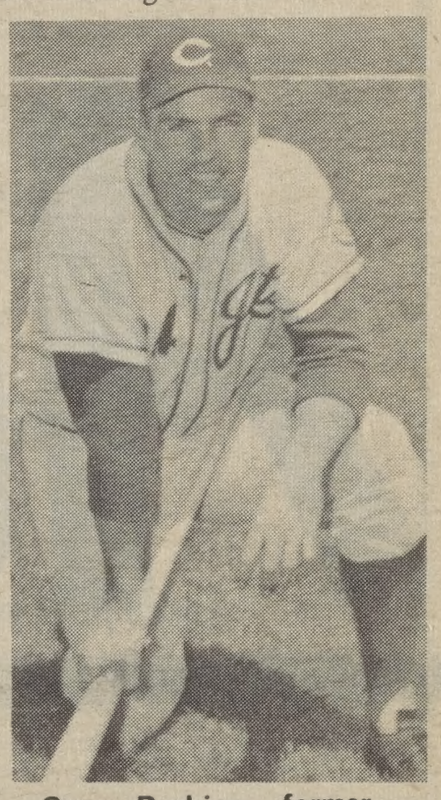
After becoming a member of the Church, many aspects of a professional baseball career were not acceptable to the Rushing family. Mr. Rushing finally left his great love, baseball, and moved to Livermore, Calif., where he is employed in construction.

He is now a seventy and serving in the superintendency of the Hayward Stake YMMIA. He filled a stake mission prior to his MIA calling. His wife is stake camp director of the YWMIA.

They have been married in the Oakland Temple and are the parents of three small children. He and his family are members of the Livermore 2nd Ward.

Several years ago when Mr. Rushing and his wife, Gloria, went to see some of their friends play baseball in San Francisco, they ran into Vernon Law and Gary told him of his newfound way of life.

"I have so much respect for him and many others for living what they believe. I'm thankful for 'Grandma Croffs' and my wife for sticking with me and giving me so many chances. I pray that we might all be missionaries through our words and actions so that others might have peace and know the beautiful promises of the Lord." Mr. Rushing testified.



Gary Rushing, former member of Columbus Jets.

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Concord Stake Singing Mothers Perform

A FAMILY STAYS TOGETHER WHO. . . . .was the theme of the March 13th musical concert presented to the Concord Stake membership by the Relief Society Singing mothers who numbered approximately sixty-five from the ten wards making up the chorus. Under the able direction of Sis. Lorraine Tyler, R. S. Music Director and Sis. Laura Muceus, R. S. Stake Organist, the many styles of music depicted what a family could do to make life and home a thing of beauty and a joy forever.

The delighted audience were treated to renditions of "Give Me Your Tired, Your Poor," "Why A Singing Mother Sings," "Still, Still, With Thee," "Rock of Ages," "Lift Thine Eyes," "Clouds," and "The Mercenary Echo." Sis. Tyler and Sis. Muceus played and organ-piano prelude and special numbers were given by a group of singing children who spiritedly sang "The Happy Wanderer" after which they touched the hearts of the saints with their number "I Wonder When He Comes Again." Little Teriesa Tyler accompanied them on her harp. Other special numbers were a solo by Sis. Clair Hodgin singing "Floods of Spring," Marvin Alexander singing "I Love Life" and a duet, "Temple By the Sea" by Beryl Warner and Boots Barrus, who are sisters.

Sis. Claudia Monson served as narrator for the program and inspired the audience with her remarks which depicted family life and how the musical numbers could teach inspirational lessons to its members. Sis. Fern Pike, Stake Relief Society President, expressed her thanks to all who had worked so faithfully in bringing this concert to fruition. The Stake membership expresses its thanks to a beautiful evening of music and enjoyable entertainment.

A special thanks to the R. S. Ward choristers and organists for their hours of teaching. All sisters are to be commended who devoted their time in preparing this outstanding concert.

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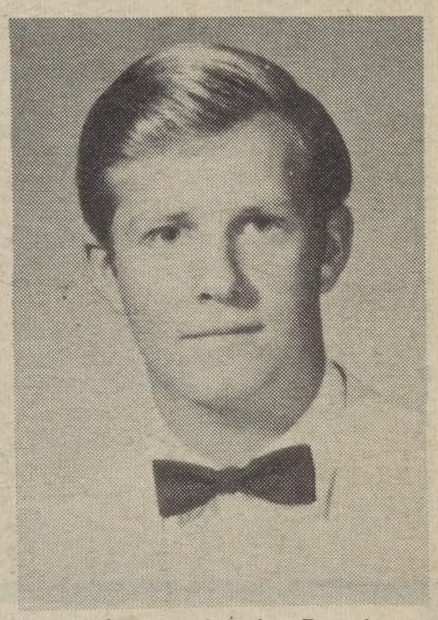

Elder James Louis Bacciocco entered the Mission Home in Salt Lake City on March 21 to start the first phase of his mission. On March 25 he left for London, England where he will serve his mission. Elder Bacciocco is the son of Jack and Shirley Bacciocco of Fremont Fifth Ward. He was a 1969 Graduate of Irvington High School in Fremont.

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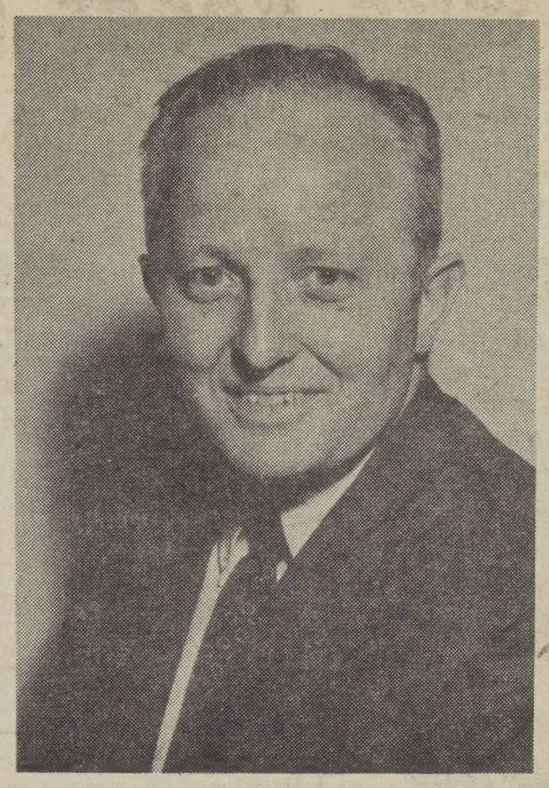

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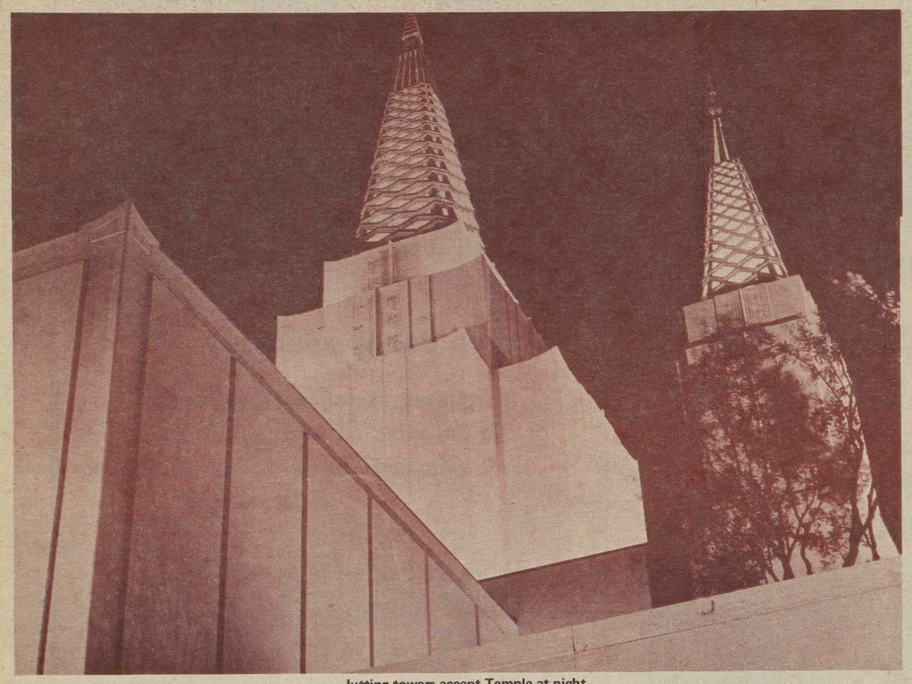
Springtime On Temple Hill



Jutting towers accent Temple at night

Springtime garden adorns the grounds

Uplifted faces on east side of Temple

A Photographers Eye Captures Its Beauty

Artist Jeff Summerhays

About The Artist

Being the strong but quiet type, even his friends didn't know that Jeff Summerhays was an artist with a camera. And an artist he is. He works only when inspired, and wouldn't want to take the fun out of it by making it a career.

Rolls of film and many hours are spent before he decides on the perfect shot and the perfect layout. He refuses to "touch-up" and seeks the perfect natural shot. He does all his own developing and printing.

Jeff's forté is landscape, particularly snow scenes, though for this month's edition he has done, by request, a series on our Oakland Temple grounds.

He is currently working on new effects in portrait studies by developing his own personal techniques.

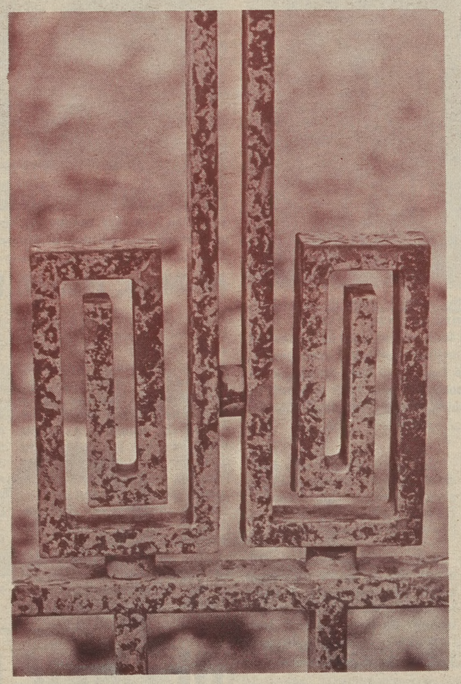
Brother Summerhays enjoys modern painting and sculpture, as well as photography, and if he ever settles long enough in one spot (he loves to travel and looks forward to seeing Africa some day) he will probably decorate his abode "avanteGarde."

He's a swimmer, loves skin-diving and body surfing, but you would have a tough job getting him to snow-ski! But gliding! That's the life! Remember "The Thomas Crown Affair?" Looks easy, doesn't it? But what it really is, is an exciting contest of man against nature. . .man against the whims of unpredictable air currents.

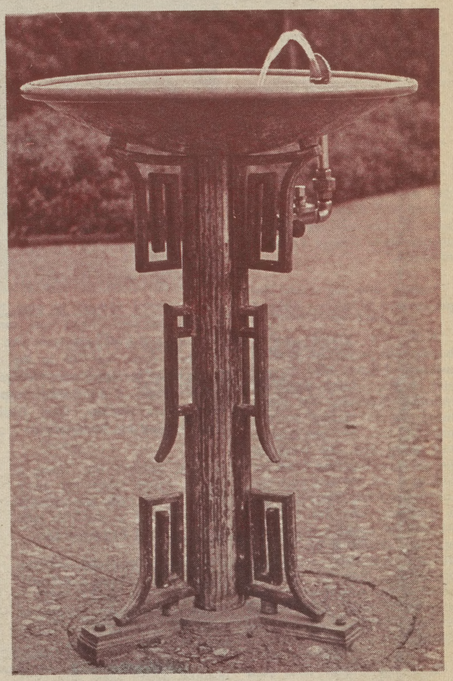
Quite a life for a "quiet" electrical engineer. . .and member of the University Ward (Berkeley), don't you think?

Jane Sylvester, Messenger
Art Editor

Floodlights enhance Temple palm trees



Detail study of Temple gate



Fountain near Temple gate

A Day In The Life Of A Bishop

By Lorraine Grow Scott
Associate Editor

In the church we are taught that we not only have our earthly father but that God is our heavenly Father. All through Sunday School and Primary years we learn to love two fathers. It is not until we are older that we learn that we have three fathers. Our 3rd father is often forgotten and misplaced in the line of parentage but he is really responsible for our care and salvation. Our Bishop is the spiritual father of the ward. We are members of his ward thus making us under his care. In 1st Timothy Paul outlined the characteristics of a Bishop.

"A Bishop then must be blameless. . . .vigilant, sober, of good behavior, given to hospitality, apt to teach. . . "

"Moreover he must have a good report of them which are without: lest he fall into reproach and the snare of the devil."

He must be able to talk to people and to listen to the problems of all his ward members. He must be able to attain great heights of loyalty and respect from the youth of the ward which does not seem to be a quality in excess among the youth today. It seems we take our Bishop for granted. I know I do. I recently had some problems in my life and I hesitated in going to my bishop to tell him about them. As it was, he found out about them and was rather disappointed in me for not telling him. He felt the concern of a father and the hurt when I didn't show the trust of a daughter.

In interviewing Bishop Jacobsen, Bishop of the Hayward 3rd Ward, I learned a big lession in appreciation. I hope through this article to pass on to you the importance of the Bishop. The importance of a man called of God to aid us in our salvation.

Bishop Ted V. Jacobsen in the important role of conseling members of his ward.

Bishop Ted V. Jacobsen's family in the setting of their living room are, back row left to right, Deborah, Judy and Pamela. Front row, left to right, son Russell, Sister Beverly Jacobsen, Bishop Jacobsen, and 12-year-old Jerry Begay, their foster Navajo Indian son from Holbrook, Arizona. In addition, they have a married daughter, Michele, living in Canada.

Still youthful enough to play the rugged game of basketball, Bishop Jacobsen, front row center, is shown with the 1970 Hayward Stake all stars team who took second place in "unlimited division" (over age 30) in the regional basketball tournament. Other team members were George Taylor and Kent Robertson to left and right of the Bishop, respectively. And back row, left to right, Gary Blacker, Gary Rushing, Earlan Brayley, Richard Rawlings and Jim Stubblefield.

"Bishop Jacobsen, let's start off with a typical schedule on a Sunday. What happens to you on a Sunday. At what time does your alarm clock sound off?

"6:30 a.m.."

"Then what?"

"Well, I get up and start the day with prayer with my wife. Shower and shave, grab a quick bowl of cereal and leave for the chapel where I begin a series of meetings."

"Bishop, how big a part does prayer play in being a Bishop?"

"Well, any church meeting begins with prayer. So do all the meetings I have. Also my wife and I pray every night and morning together, we always have, we did before we were married, too. We feel it is the one thing that can bring two people close together. Often as a bishop I will fast and pray with someone to help them overcome a problem, like the word of wisdom for instance. And before any any decisions are made I always consult with my councilors, then we all pray about it and talk about it again and we all must have a good feeling about it before we decide."

"How big a part does your family play?"

"A large part. Oh, a lot of times I get tired of going to so many meetings and my wife says 'Come on, you can't stop now.' She is always there to give me the moral support I need and the physical support too. Being a Bishop often takes me away from some of my family responsibilities so my kids take up the slack by helping out."

"What do you feel are the greatest joys in being a Bishop?"

"Seeing a Brother advance in the Priesthood or seeing someone join the church, but more so seeing someone inactive become active again and start advancing in the Priesthood and the gospel. Oh, and seeing people do their jobs happily."

"Any disappointments? Or should I say many disappointments?"

"Yes, some. People who don't do their jobs. Someone falling away from the church. Especially having to excommunicate someone."

"Bishop, I'm sure the readers would like to know something about you personally. I think sometimes we forget that our Bishops do have personal lives. How long have you been a member of the church?"

"All my life. I was baptized Dec. 3rd in the Pacific Ocean. In Santa Barbara."

"Wasn't that cold?"

"Yes, I remember it being a little chilly. I have 5 children and I'm going to be a Grandfather this March. I like to go water skiing and we have a cabin and we go up there as often as we can. It is sort of our escape from the pressures of the world."

"I heard that you and your wife fix your car together. Is that true?"

"Sure. She enjoys doing things with me. She knows just as much as I do about engines, if not more."

"Years ago did you ever think you'd be in the position you are in now?"

"No, never, I was a councilor in the Bishopric and then they divided the ward. One night the former Bishop called me and said the 'Brethren' wanted to see you and your wife at the Temple. I had no idea who the 'Brethren' were or what they wanted. I thought that maybe they were going to call us on a mission, which I thought was just great. So my wife and I went up to the Temple. We really didn't know who we were meeting so we asked around a bit and no one knew who the 'Brethren' were. Well, pretty soon the Stake Pres. came out and greeted us and asked us to go through a session. After the Temple Session he asked me to be Bishop. After a Temple session how could you say No. So here I am."

"Do you ever get called in the middle of the night?"

"Occasionally. In the cases of deaths or accidents or a family squabble. I'm very lucky, though, I don't carry my troubles to bed and am able to sleep well but not always as many hours as I would like to."

"Do you ever see your family?"

"Yes. We eat dinner together. Then there is Family Home Evening, and like I said, "We go to the cabin every chance we get. We also work together."

"What time do you get to bed on a Sunday nite?"

"Oh, I'd say between 11 and 11:30."

Other things I learned about Bishop Jacobsen are that he is the 'Agent Bishop.' The one who pays the bills for the Ward building. Also he is a Home Teacher and I'm sure as busy as he is he gets it done every month. In being a Bishop he is also required to be a marriage councilor, a psychologist, a teacher, a philosopher, financier, and many other occupations rolled into one. As far as the Bishops 8–5 occupation, he is employed by Skyline High school as head gardener.

I think the most important thing that I learned from talking to Bishop Jacobsen is that even though Bishops may be at the head of the Ward and in charge of the things around them, they are not untouchable. We can go to them any time with anything and that they will be willing to help us out. They have a Father's concern for all who are under their appointment and for that we must have a daughter or son's trust in our Bishop; a man called of God.

Presiding over and conducting many meetings each month, all a part of the busy schedule of Bishop Ted V. Jacobsen.

M-Men, Beach Party Planned

Saturday, May 30 (Memorial Day), there is a ten stake M-Men and Gleaner Beach Party planned. This will be the start of a number of multi-stake and multi-regional activities which will be held on a bi-weekly basis during the summer. A private beach is being secured for the occasion where the M-Men and Gleaners will have a day of sports, games, songs and fun!

It is all part of the new program of the Church for M-Men and Gleaners.

Under this program the M-Men and Gleaners are being taken out of the youth function of the Church and put under the adults, with a high councilor over them. This will include the Young Marrieds and the Mutual Interest Group (unmarried singles of all categories).

Bishops and Stake Presidents are asked to please encourage all those of M-Men and Gleaner age to attend this first multi-stake activity. (This includes graduating high school seniors, as well as BYU and other returning college students.)

Call stake M-Men or Gleaner President, or Mike Frye at 483-5269. Other stakes interested please call above telephone number.

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Concord Stake Conference Hears Hartman Rector Jr.

By Boots Barrus

HARTMAN RECTOR Jr., presides at Concord Stake. On March 15 the Concord Stake Quarterly Conference convened in the I.S.C. in Oakland, with Hartman Rector, Jr. of the First Council of Seventies presiding over the session. President Ted E. Madsen conducted the services and welcomed special guests and turned business matters over to Pres. Raymond F. Evansen. Ordained into the Melchisedek Priesthood as Elders were: Charles Campbell, Paul Coe, Gary Cox, Donald Dartnell, Walter J. Hammer, Therman Zuray, John Kuntsman, James Phipps and LaGrande Rafael; To the office of Seventies: Walter Banning, Robert Baldwin, Ross Crosby, Dennis Mecham, Hamilton Simpkins, Leo Treat, Lindell Tyler and Marion Western; as a High Priest, Leonard Wengert.

A release of Frans Allebes from the High Council was voted on with Sharyon Christensen being called to fill that position.

In his address to the saints, President Madsen admonished all to set aside Monday evening for their Home Family Night, for as he expressed, the many blessings of being together would serve to create harmony in the home. As parents it is our duty to develop the home as a magnetic center of security he further advised. It is in the home the child first learns of love and parents should pull together so that there might be unity and fertile seeds might then be planted in the hearts of their children. Parents are not always to blame for things when they go wrong for one of the favorite games we always play is 'follow the leader,' and our children have many leaders in their life to follow. This makes our task greater in setting the correct example and we must always be alert of our children's needs for praise and approval. Give freedom to grow, lead kindly and above all teach respect for authority. In his closing remarks, he stated that honesty produces happiness and we should not expect judgement of adults from our children, but should recognize the responsibility the Lord has given us as adults in creating happy homes for our children.

Following Pres. Madsen, addresses were given by Pres. Evansen, Bro. Sharyon Christensen, Russell Butler, Becky Toome and Pres. Ernest I. Adams.

The concluding speaker was Bro. Harmon Rector, Jr., whose stirring remarks rang through the building and touched the hearts of the gathered saints. He admonished the members that it is always important to be where you are supposed to be when you are supposed to be there, for this is a commandment of God. He advised that we all must be cleansed every whit of our iniquities and we must remember that calls to serve come from the Lord and not from man, because the church belongs to God. Don't turn down calls and don't quit when the going gets rough for we are here to learn and to gain experience. We must stick to the task until it sticks to us. When we make a mistake in doing the best we can the Lord will cover for us. Repent and go on.

Music for the Conference was furnished by the Concord Stake Relief Society Singing Mothers under the direction of Sis. Lorraine Tyler and Sis. Laura Muceus. Sis. Mila Austin played prelude music and Mildred Gibbs led congregational singing. Membership attendance was 2,536. The Saturday evening session was devoted to the youth of the Concord Stake and the film "For All Eternity" was shown to them, concluded by a stirring address on temple marriage by Bro. Rector.

Concord Stake expresses gratitude to Bro. Rector for the time he gave in making this Conference such an inspiration and enjoyment.

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3. Deposit all stories in the mail-box no later than the 20th of each month.
4. Limit your general news report to 200 words. Stories of special significance, such as weddings, new Bishoprics, new chapels, fund-raising events, plays, team victories, or other major events, may also be published as separate stories in addition to the 200 word general news report.
5. Include as many photographs as you like. If you wish them returned, include a self-addressed, stamped return envelope.
6. We are also looking for poems, art, and photo-feature stories. Write to us if you have any questions.

Thank you for your support
The Editor

TEMPLE HILL ORGAN

Philip Manwell In Concert

We are pleased to announce a performance Sunday, June 7, 1970, 4 P.M., by the young organ recitalist PHILIP MANWELL. He is, at present, the Minister of Music (both organist and director of choirs) at First Presbyterian Church, Rutherford, New Jersey. As a child prodigy his future was assured, should his interest keep pace with his abilities, and it has. This remarkable young man, at age 17, was concertizing, holding a full-time church job as organist and master of choirs (6 of them) at the Sacramento Westminister Presbyterian Church, in addition to his school work. When he gave that up to go East to study at both Julliard School of Music, New York, and The Guilmant School of Music under George Markey, he proved himself an outstanding student, and was soon immersed in the music life of the area. In addition to his appointment at Rutherford, New Jersey, he acts as conductor and musical director of the South Bergen Oratoria Society, and is part of the faculty at Madison Presbyterian Day School, New York City.

His program, at the Temple Hill, Oakland performance will be: "ALL BACH," PRELUDE IN E-FLAT MAJOR FROM THE CLAVIERUBUNG, PART III:

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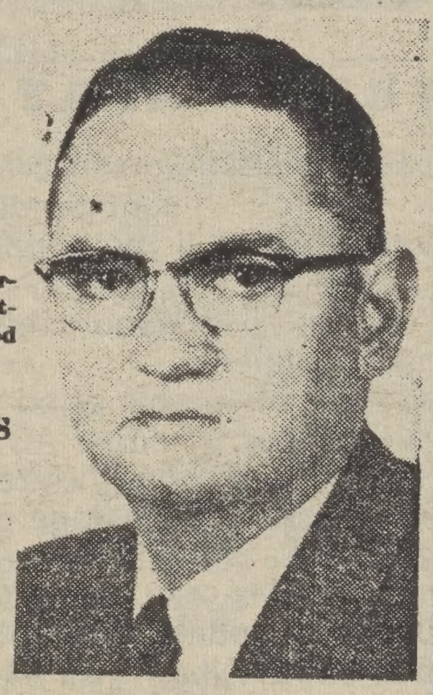

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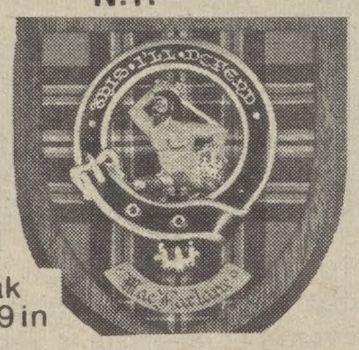

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Close To Home

The Ward News In Review

Pittsburg

By Boots Barrus & Thora Astle

Pittsburg Ward Salutes the Primary organization for the successful Penny Drive held during the month of February. Under the direction of Deanna Budge, Counselor, a total of $339.20 was raised to be sent to the Primary Children's Hospital in Salt Lake City. Everyone joined in this effort with a spirit of love giving to the unfortunate children whose care is provided by the pennies sent in. A contest was held among the auxiliary organizations to see just who "carried the most weight" and this would be determined by everyone contributing to their organization in the scale bank, a penny for each pound they weighed. The Sunday School won, assuring us their weight was in their hearts. Our Primary children were given individual banks to save their pennies in and this brought in a total of $81.81. The Primary teaches wound up the "Parade" by contacting each family in the Ward. The Primary children give a heartfelt thanks to everyone in the ward. Our hats are off to the Primary Organization.

A most spiritual evening was held this past month when the Ward honored Elder D. Rees Magleby before his departure to the Philippine Mission. The choir seats were filled with relatives coming from Walnut Creek and Utah, each of who paid a tribute to D. Rees in word and in song. The testimony borne by him at the close of the meeting bore evidence to the ract that Pittsburg Ward can well be proud to have him represent the Ward. Success and happiness to you, D. Rees as you fill this mission.

Sis. Patricia Barrus, who is serving on a mission in the Pacific Northwest, has undergone knee surgery in the Providence Hospital in Everett, Washington. At last report she is recuperating and doing nicely.

Fireside for the Mutual Interest Group was held this month at the home of Bro. and Sis. Dale Bennett. They provided the guests with an informative travelogue of their trip to San Simeon and a biography of William Randolph Hearst. At the conclusion refreshments were served to Harriet Bakley, Pat Trimble, Bro. and Sis. Richard Hollingshead, Bro. and Sis. Keith Sawyer, Bro. and Sis. Lowell, Bro. and Sis. Irel Barrus and Bro. and Sis. Lafarr Astle.

African Safari was the theme for the annual "Daddy-Daughter" Party held in the Ward Cultural Hall. Working diligently, the girls and teachers made place cards of Lion cutouts and festooned the hall with decorations depicting the theme. Food was furnished by the Presidency and teachers, who worked long hours to make this a special occasion through their games and entertainment. Special guests for the evening were: Stake Primary Pres., Marie Redman and her 1st Counselor Venice Smith, Bishop Charlie Peters and Shirley Morrison, Ward Primary President. Gaynotes attending were: Shelly Walton, Linda Collins, Tammi Beck, Penny Kutsch, Julie Morrison and Hester Duncan. Merrihands were: Debbie Massey, Lori Horns, Nancy Richardson and Tracy Budge.

The 128th Birthday of the Relief Society was observed in the Pittsburg Ward on the evening of March 21, by a special dinner prepared by the Presidency, Verda Hughes, Ruth Payne, Vera Sawyer and assisted by Bro. Glen Payne. The tables were decorated with blue and gold flowers and white candles intertwined with green ivy. Sis. Dianna Moss made the decorations assisted by Ceceila Mecham. MIA girls taking on the serving duties were Mary Muceus, Kathy Dutton, and Jeanne and Linda Phillips.

Concord

By Boots Barrus

Expressions of love and gratitude for each other were expressed in the outstanding evening for the Mia Maids and their parents of the Concord Stake on the evening of March 10. Sis. Sharyn Larsen, Stake Mia Maid leader, directed the evening program. Touching expressions of love between parents and their young daughters were told in the beautiful tributes given by Ermile and Mindy Dansie, Antioch Ward; Maxine and Eileen Glenn, Concord II Ward; and Anne and Cynthia Reading, Oakgrove Ward.

Fathers remember too was a special tribute given by Bishop Victor Hansen to his young daughter and his love and devotion poured out in the form of a letter advice.

Ygnacio Valley Ward Mia Maids presented a special number, "Somewhere A Child Is Singing" and the Martinez Ward Mia Maid Class sang "Happiness Is." Patty Brooks, Concord III Ward, gave the "Symbolism of the Rose."

Guest speaker for the evening was Eugene England who poured out sage advice to the young girls and their parents. His remarks were most appropriate for the occasion and many expressed their gratitude for his presence.

Martinez Ward is to be commended for being the gracious Host Ward. Refreshments were served in the Cultural Hall to the capacity audience and hearts were lightened as footsteps turned homeward to ponder the many beautiful expressions heard during this important Mia Maid night.

Fremont

By Les Youd
Associate Publisher

The second quarterly conference of the year for the Fremont stake will be held Saturday and Sunday, May 18 and 19. "Choosing a Career" will be the theme of the Saturday evening meeting. All young men and women 16 years of age and over as well as all stake and ward leaders are urged to attend this session to be held in the Centerville chapel at 7:00 p.m. The Sunday morning general session of the conference will be at the Interstake Center in Oakland at 10:00 a.m. The Singing Mothers of the stake will provide special music for the general session. Presiding at all meetings of the conference will be Stake President Sterling Nicolaysen.

The Newark ward saw fruits of several years of diligent effort when a construction contract for a new ward building in that city was let on May 5. Further details on the construction will be reported in future Messengers.

Softball play is under way in the state. Senior league action began on April 18 with games being played at Bret Harte Field, Hayward, on Saturday evenings. The junior league this year will feature slow pitch play. Their schedule begins on May 19 with games being played at twilight several evenings during the week at the Kennedy High School field in Fremont.

Fremont 4th

By Lola Reeve

Spring has brougut much joy to the Fremont 4th Ward with the arrival of several new babies. Among those happy parents are the Brad Nicholsons, the Marty Jensens, the George LeMans; the Lyle Johnsons; the John McCraes, and the Richard Lachenmeyers.

The Primary Organization has a new presidency: Sister Brooke Whiteman, with Patrician Speed and Doris Handy as Counselors. The Young Ladies MIA also has a new presidency, recently sustained: Jean Atwood, with Ada Watts and Norene Wright as Counselors.

On Easter Sunday special programs were presented in both Sunday School and Sacrament Meeting. The Ward Choir presented a special musical program with solos by Eileen Turek and Don Edwards, Roma and Carol Whitehead playing a piano and organ duet, and Brother Eldon Speed of the High Council, special speaker.

Among 4th ward members travelling to Salt Lake City to attend General Conference the first week in April were Bishop and Mrs. Alma Jensen, and Steve and Jean Atwood. Most ward members enjoyed watching the morning session over television and listening by radio to the Sunday afternoon session.

The Relief Society commemorated the 128th anniversary of its founding with a lovely dinner and program for all sisters in the ward and their husbands the evening of April 17 in the Cultural Hall. The theme was "A Woman's Way" and beautiful booklets entitled " A Woman's Way" written by Mabel Jones Gabbott were presented to each couple. The program depicted in song and poetry the many phases of a woman's life, and her special place in the home, also the special joys and rewards that come to a wife and mother because of her special role. Decorations were in a spring mood—April Showers. A large yellow and blue umbrella with sparkling lights was in one corner of the hall, with grass and fencing around it. Spriflowers were all around, with small umbrellas entwined with sweet peas graced the beautifully set tables. A special display showed flower arrangements and other handiwork done by some of our women. A delicious dinner was served by sisters from Fremont 3rd Ward. A large, specially decorated cake, done in the Relief Society colors of blue and yellow was displayed, then cut and served to those present.

Captain Richard Suico of the Air Force was home on leave, the week of April 19, visiting his parents, Mrs. and Mrs. C. J. Suico. Ward members were happy to visit with him. He and his mother spoke briefly in Sacrament meeting. Captain Suico shortly leaves for a tour of duty in Korea and takes with him the good wishes of all ward members.

We extend deep sympathy to the families of Brother George E. Smith who passed away March 21 after a long illness, and of Brother Scarborough who died April 20. Sister Mary Smith and her son Robert have both been active in 4th Ward and Sister Flora Scarborough and her children, Patricia Speed and Dan Watts are well-known active members of 4th ward also.

The Elders Quorum of 4th Ward is planning a Flea Market in May. The Ward MIA presented a play on March 27, "Catch-Em Justice," directed by Norene Wright. It was a one-act comedy and the ward enjoyed it very much. Many 4th Ward members participated in the Fremont Stake presentation of the Parent-Youth Musical, "A Blue-Ribbon Affair," directed by Stake Drama Director, Inez Urie. It was presented in Irvington Chapel April 15 and 16th to large crowds. It was very well done and contained a real message for both parents and young people and cooperating and working together.

The Relief Society has three special activities scheduled for spring — first, a special Relief Society program on April 30 for all the sisters on Compassionate Service; second, a fund-raising event on May 9, a book review and luncheon; and third, the spring social for all the women of the ward, on June 7. Many sisters are involved in the planning and details for these special activities.

Sister Mildred Fralick, who has been in the hospital and ill for several months is back with us again, continuing her position as Sunday School Secretary. We are glad she is able to be with us again and wish her well.

On Saturday night, April 11, the Mutual Married enjoyed an evening with songs and dancing from the past. Those attending dressed as they did when they were "teen-agers" and rolled back the years as they reminisced about their high school days and sang some of the music popular then.

Fremont 5th

By Kay Halcomb

The softball season is once more upon us. The team representing the men in the fifth ward have high hopes of being able to better their fine record of last year when they won six games and lost four. We have had an enthusiastic response to this season and would like to ask the support of the members by their attendance at the games. Our games will be played on Saturday evenings at the Bret Harte field in Hayward. Come out and make a family affair in a church sponsored activity. Dates for the games are as follows: April 11 - 7:30 p.m. Second Ward, April 25 - 6 p.m. First Ward, May 2 - 7:30 p.m. Third Ward, May 23 - 9 p.m. Fourth Ward.

Bro. and Sis. Wayne Christiansen announce the marriage of their daughter Shelly Dean to Paul Everett Johnson on Saturday the 18th of April. A reception was held at the Christiansen home following the wedding ceremony.

The Mutural Interests at present are having discussions concerning the Ten Commandments. A Mutual Interests Cultural Activity is planned for the 22 or 23 or May.

The following people were recently called into the presidency of the YMMIA in the Fremont Fifth Ward. They were David Schoppe, superintendent, Clyde Halcomb, Age Group Counselor, and Bill Barber, Activity Counselor. In the YWMIA the new presidency consists of Sister Denice Youd, President, Sister Joanne Tilton, Age Group Counselor and Sister Lois Linder, Activities Counselor.

San Francisco

By G. Stracke

A Ward Family Farewell was held in honor of Bishop Alger and family who moved into their new home in Hayward. Bishop Alger's Counselor, Trevelyn Blazzard, was called as Bishop with Rod Jex remaining as Second Counselor.

Our new Bishop was born in

Cont. on page 13

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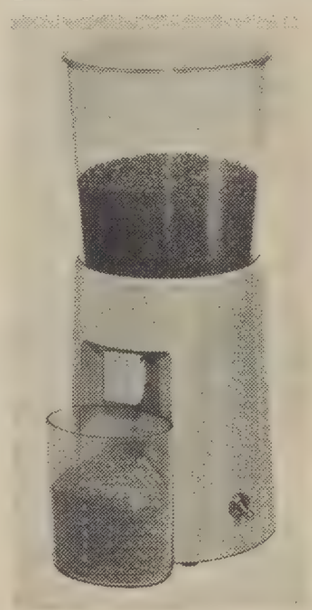

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Arizona in a small town where both he and his wife Sylvia grew up. They have five children: Barbara, Trevelyn Jr., Beverly, Ben and Ernest. Bishop Blazzard, as Chief Deputy U.S. Marshal for Northern California, serves as senior assistant to a political executive appointed by the President. He also holds a real estate license having maintained his connection with the family real estate brokerage and land development firm. He completed his under graduate work at the Univ. of Arizona, where he received his Army commission via the ROTC program. Relief Society President Pam Wilson and family moved to Marin County. The Wilsons are sorely missed as both Pam and her husband John were outstanding leaders. The Wilsons have a new baby brother for son Greg.

George Ray, our Explorer leader, has been discharged from the Army so he and his wife Patty are moving to Provo where Patty will complete her education at the Y. Patty, as ward speech director, was in charge of recent speech festival. Lisa Christensen and Jerry Dinkleman were the winners chosen to enter the Stake speech festival.

Genealogy leaders Steve and Audrey Rosen have been released in order to fulfill their new calling as MIA dance directors.

Mission

By Leonard W. Cryer

Mission Ward High Priest, Gaurdello L. Hunter, is an example of the type of missionary, whose life shows that it is possible for "Every Member to be a Missionary."

He was born in the covenant, in Utah, and married his wife, Mae in the temple. They have a son and four daughters, and to date, 20 grandchildren, all active in the Church.

Through his grandfather, he is related to Milton R. Hunter, of the 1st Council of Seventies, and also to Howard Hunter, of the Council of the 12, the new Church Historian.

He has a strong testimony of the importance of the patriarchal blessing, in one's life. Many times, he tells of two predictions, in his own blessing - one, that he would be a life-long teacher to the youth and others in the Church - and, the other, that he would narrowly escape death many times - which have come true.

He has held every office in the priesthood, from Deacon to High Priest. When a 70, he and his wife, Mae, served 6 years on a stake mission in San Francisco. Before their mission ended, his son, Evan, a returned missionary, and daughter, Renae, were called as stake missionaries, thus making 4 Hunters serving at the same time as San Francisco Stake Missionaries. His son, Evan, a 70, is now President of the 70's quorum in another stake.

In 1969, the 4 daughters, Renae, Reane, Sharon and Sandra, 2 sets of identical twins, formed a musical quartet, named "The Double Image." They have made 2 records for release in 1970. The Hunter daughters, through their musical talents, are continuing the family tradition of "every members a life-long missionary."

Gaurdello Hunter, his wife, Mae, and all their children, and many of their grandchildren, are gifted with musical talents. The Hunter family's musical contributions to many Church events in former years have been many, and are still be used. His daughter, Sharon, is the Choir Director of the Mission Ward Choir, on which he and his wife, Mae, are active singers.

He was active in Scouting most of his life, and his son, Evan, was an Eagle Scout. This is another family tradition, and, Evan's son, Steve, in 1969, at age 15, received his Eagle Scout badge. 2 Hunter grandsons, Jeffry and Gregory Bryant, are active in Mission Ward's Cub Scouting program this year.

Gaurdello L. Hunter is Mission Ward's General Secretary-Adult Aaronic. His wife, Mae, is the Ward R. S. President. On April 18, 1970, Mae, and the other R. S. members, with the help of other ward members, presented "Enchantment of Spring," a ward event honoring former Mission Ward bishops, W. Allread, V. Lefler, and C. Barber, and other former members, who came to this Old Timers activity.

Through his example, to all who know him, and his family, Gaurdello L. Hunter continues to set an example of righteous living, as the Lord has told each of us to live.

MR. AND MRS. FRANCIS M. REEVE
. . .Married March 21 in Oakland

Ceremony Unites Janell Palmer , Francis Reeve

On March 21, the marriage of Francis Maynard Reeve and Janell Palmer was solemnized in the Oakland Temple. Many friends and relatives joined them there on this joyous occasion. The bride is the daughter of Mrs. Mahala Palmer and the late Moses Freeman Palmer, and the bridegroom is the son of Mr. and Mrs. Grant L. Reeve of Fremont 4th Ward.

The bridegroom's parents were hosts at a luncheon in Fremont for members of the two families immediately after the temple ceremony. A reception was held that evening in Centerville Chapel on Temple Way in Fremont. The bride was lovely in a full-length dress of white satin overlaid with lace, styled with fitted bodice and gracefully flaring skirt with pleated fullness in the back. The sleeves were fitted, tapering to a point at the wrist. She carried white carnations and white rosebuds. The dress is a family treasure since it belongs to the bride's sister, Mrs. Ann Lewis who wore it at her own wedding several years ago.

The bride was attended by Misses Carol and Rosanne Reeve and Mrs. David Palmer. Mr. Reeve's best man was his brother, David Reeve. Darval Palmer and Monty Palmer, brothers of the bride, and Mrs. Eva Wright of Salt Lake City, the bridegroom's grandmother were also in the reception line.

The new Mrs. Reeve is a graduate of San Jose State College and is the librarian for Jefferson Intermediate School in Santa Clara. She has held many church positions in Fremont, including Stake Sunday School Secretary, stake missionary, Sunday School Teacher. Mr. Reeve just completed his B.A. degree at University of California. He served a 2 ½ year mission for the church in Korea. Since his return he has been very active in Fremont 4th Ward and in the University Ward on the campus in Berkeley.

The young couple went to Southern California on their honeymoon. They are now at home in Fremont and are currently serving as Ward Dance Directors in Fremont 4th Ward.

BYU Purchases Catholic Manuscripts

A valuable reference collection of 6,000 to 6,500 books of Catholic theology and European history, published between the sixteenth and nineteenth centuries, was recently purchased by the Brigham Young University Library.

Many of the authors represented in the collection were among the most important figures of their time. The books, all bound in contemporary bindings, contain documents, letters, acts of councils, writings and works of the church fathers.

Among the noted writers and the subjects they treated are Clement of Alexandria, Cyril of Jerusalem, Augustine, Origen and his disciples, Leo the Great, and many others.

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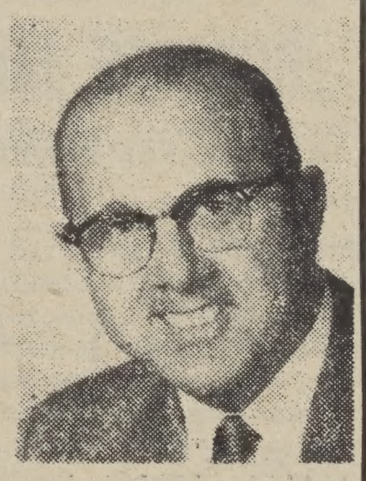

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Samuel W. Taylor

Golden Gate Saints

A History Of The Church In Northern California...Part 2

Before Samuel Brannan could set sail with the Saints of the Easter seaboard, for their projected trip around the Horn to San Francisco Bay, there were many problems to be solved. The first one was finding a ship. When Sam Brannan ran onto the Brooklyn, berthed at the old Coenties Slip in New York harbor, it probably seemed a rare stroke of luck, or that he'd been led by the Lord.

As things turned out, the Brooklyn proved to be a most unfortunate choice. While the ship itself was sturdy enough, negotiations for the voyage embroiled both Brannan and the church in a fantastic web of attempted extortion that never has been explained to this day.

The master of the ship, Edward Richardson, introduced Sam Brannan to a business associate, a shipper named A. G. Benson who had connections in Washington which could expedite Brannan's attempts to find freight and secure a mail contract to help defray the hire of the ship, $1,200 a month (it would take an estimated six months for the voyage.)

In Washington, Sam Brannan met Benson's friend, Amos Kendall, former Postmaster General and the Man To See. Kendall was the Bobby Baker of his day, at this time holding no office but knowing everyone in the nation's capital, an expert manipulator who could Get Things Done. For, of course, a piece of the action. Kendall's latest triumph had been to secure a Congressional appropriation for the first telegraph line in America, between Washington and Baltimore, which had just been completed at the time Brannan met him. Kendall was business manager for the inventor, Samuel F. B. Morse, who had been completely frustrated in trying to promote his device before Kendall took charge.

Amos Kendall welcomed Brannan with a fond embrace from which there seemed no escape except at an astounding price. Reason was that Kendall saw in the Mormon migration the chance of a lifetime for Amos Kendall; he could obtain great wealth without the risk of a single dollar.

He reminded Brannan that there was active public sentiment against allowing the Mormons to migrate. At this time war was imminent between the U.S. and Mexico, while trouble was also brewing with Great Britain. It was feared that the Mormons, who had no love the the United States after years of persecution, would go west to join enemy forces against the nation—possibly might even incite the Indians to war. And so, Kendall said, the U.S. Government would prohibit the exodux from New York and Nauvoo—unless Amos Kendall used his influence. Kendall would be most happy to smooth the way, for a consideration. All the Mormons had to do was to sign over in advance title to half the lands they settles at their new locations. Well, yes, this was a steep price—but half a loaf was better than none, wasn't it? Take it or leave it, said Kendall.

We can ask, was this sheer bluff? Sam Brannan didn't think so. There is no question but that Brigham Young believed the

Cont. on page 16

Environmental Studies Center At Brigham Young

A new Center for Environmental Studies has been organized at Brigham Young University, it was announced today by President Ernest L. Wilkinson.

In a planning and organizational stage since 1967, the Center involves various physical, biological and social science departments of BYU as well as governmental and private organizations. Its function is to integrate in an interdisciplinary way the many research projects dealing with the environment so as to improve the quality of man's environment.

The Utah Lake Research Station and other BYU field stations concerned with range management, conservation, pollution, and other ecological studies are under the jurisdiction of the Center. Its present membership includes more than 40 scientists and professional personnel from eleven departments in three colleges of BYU and representatives of governmental and private industry.

Dr. Dorald M. Allred (zoology) coordinator of the Center, said the organization also will assist in training students interested in professional careers in environmental studies, support applications for funds from private foundations and governmental agencies for research and implementation, focus public attention and interest on the importance of man's need to restore and maintain environmental quality as a means for survival.

DON C. PHILLIPS

Word of Wisdom Dimensions

Its startling to read of the rising number of heart attacks in the United States which are now reaching down into the 35 to 45 age group. I say startling, but not surprising, considering our present age of push button living and high calorie diets. Consider the case of Mr. Johnson, age 44. While clearing shrubs from his back yard he was felled by a heart attack. People rationalize that at his age he should be careful of overexertion (why? he should be in the prime of his life). This, of course, is ridiculous. The problem wasn't age or exertion, it was inactivity which caused physical flabbiness, accumulation of internal wastes, lazy heart and circulation system.

Previously I described how exercise builds healthy tissue, cells, increased respiratory capacity and circulatory functions. As a dodge to exercise I'm often told, "I get plenty of exercise at work or in the house." I hasten to point out to these people that work must never be confused with exercise. Work is exhausting, it causes the outflow of body strength, leaves you tired, listless and rundown. Body functions then suffer from an oxygen debt resulting in further fatigue. Conversely, exercise restores power and well being to your body by means of manipulative movements designed to improve (immediately) circulation, heart action, respiration and renewed motivation to inner organs and cells. What greater "life insurance" can one have than longevity and good health? Continue to protect your gift of mortality by using not abusing your body.

Here are two more excellent movements to include into your program.

Number 3: Side Twist–This movement strengthens the lower back and abdominal areas while reducing your waist. Stand with feet apart and hands on hips. Moving from the waist up, swing your body around to the right as far as you can, repeat this movement to the left. Continue until tired or up to 30 seconds.

Number 4: Walking–This movement works the whole body and is extremely beneficial. Stand in place and alternately raise yourknees high while swinging your arms in walking motion. Continue for 30 seconds gradually increasing each day until 3 minutes is achieved.

May God bless you with health and happiness.

FAST START BREAKFAST

Requests have been received for the recipe to my "Fast Start" Breakfast. Because of these requests The Messenger has consented to print it for its readers.

The main ingredient is a product called MLO 90% Protein (found in most health food stores). This is a balanced forumla of vitamins and nutrients originally created for athletes. However, it's an excellent diet for all, since our bodily needs require building fuels. So, to start your day with a treat, here is my particular blended recipe.

Skim milk or powdered, 2 cups, MLO 90% Protein, 4 Tablespoons (heaping), Dark honey, 1 Tablespoon, Egg (optional), 1.

Mix in blender and refrigerate overnite. Stir well before drinking.

.....

Don C. Phillips, whose column Word of Wisdom Dimensions appears monthly in The Main Forum, is an active member of San Lorenzo 2nd Ward, San Leandro Stake. He also serves as a counselor in the Elders Quorum and regularly fills home teaching assignments.

Golden Gate Saints

Cont. from page 15

ultimatum was genuine. I could pile up evidence on this point, were there space in this brief column. Sufficient that Brigham sent three men to check out Brannan's story, and there is every evidence that he believed it true.

Sam Brannan actually signed a contract for the Kendall swindle, and forwarded it for Brigham Young's approval. Only one name appeared on the papers, that of A. G. Benson. Kendall claimed that a group of twenty-seven powerful men, including President Polk, were secretely involved. Whether this was entirely true, we don't know. We also don't know whether Sam Brannan cut himself in for a piece of the pie, though I'm inclined to believe so.

To the credit of Brigham Young and the Twelve, the decision was to reject this attempted blackmail. However, the threat of being stopped from migrating by the U.S. Army undoubtedly was the major factor in the decision to evacuate Nauvoo in mid-winter–before an army could come upriver–instead of waiting until grass grew in the spring, as previously planned. The date of leaving was conditioned upon the river ice. When it broke up, the exodus began. Subsequently the river froze over again and the cold was intense, but there was no stopping, no turning back.

Thus the A.G. Benson deal is primarily responsible for untold suffering as the population of Nauvoo streamed across the Mississippi and into the howling wilderness in mid-winter without forage for their teams and livestock.

As for Sam Brannan, by signing the peper he was free to set sail. Whether or not he expected to profit by the extortion deal, certainly he showed plainly that self interest governed his actions. He was unconcerned about the desperate plight in which he had placed the many thousands of Saints at Nauvoo.

It is entirely possible that Brannan's involvement in the A.G. Benson swindle caused Brigham Young to lose faith in the man's character. Was this a prime reason that Brigham decided to stay in the Great Basin instead of going on to California? While we don't know, certainly the character of one man had a most profound effect on the course of Mormon history.

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Samuel W. Taylor is an active member of San Mateo Stake. An associate editor of The Messenger, Brother Taylor is one of the Church's most distinguished writers. His many popular works include The Absent Minded Professor (a movie), Family Kingdom, and Heaven Knows Why (novels). His column appears monthly in The Main Forum.

The Main Forum

The Gospel In Perspective

Morgan D. King

Mormon Notes

April 6, 1970

Entering the Tabernacle in Salt Lake City at last General Conference, I was accosted by an usher who, I think, suspected that my box of Winchell's doughnuts was probably a bomb cleverly made to look like a box of Winchell's doughnuts. But actually, it was a box of Winchell's doughnuts.

His apprehension did not surprise me. Security people at this Conference were super-sensitive to dangers connected with disruptions predicted earlier in Salt Lake by Black athlete Harry Edwards. The demonstrations were to protest the Church's barring the Priesthood to the Negro. Careful precautions against bomb plantings were in full effect.

Having surrendered my doughnuts, I entered the Tabernacle and looked around. I noticed that for the first time two Black faces appeared in the Mormon Tabernacle Choir. Later, the Choir would sing a new song entitled, "One Small Step."

Exploring the main floor, I found my way under the Choir seats to a small labyrinth of halls and stairs, where I discovered a quiet man in his late 20's sitting at a desk. A brief conversation revealed that he was a University of Utah student, and also the chief security watch for the Tabernacle. I learned that he was not alone in the building; approximately 100 plain-clothed security men had been planted throughout the audience. Except for tiny triangular lapel pins which identified them to those in the know as security guards, they looked like any of the thousands of Saints who were seated in the building. They went virtually unrecognized.

Those who attend Conference regularly, as I do, will recall hearing rumors of threatened disruptions by the Blacks at each Conference for the past four or five years. Occassionally, there is a token demonstration of Black pickets, liberally sprinkled with University of Utah students. But inside the Tabernacle the proceedings go uninterrupted.

"My goodness! Bishop Smith doesn't fool around, does he?"

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The reasons why the disruptions never fully materialize are obscure. It may be that there aren't enough Blacks in Salt Lake City to provide a base of support. Any viable riot requires a mob, and a mob they haven't got. It seems reasonable, also, that Salt Lake's geographic isolation may frustrate organizers' attempts to import a mob. It is likely that Blacks in other cities hundreds of miles away would rather riot at home and sensibly save on gas.

Salt Lake's isolation is a geopolitical fact which largely explains its protection from outside forces since it's settlement by Brigham Young. Johnson's Army, sent by the U.S. Government to crush the rumored Mormon Rebellion, was discouraged by the equal calamities of Salt Lake's vast distance from anything, and Orrin Porter Rockwell. The coming of the automobile does not seem to have spoiled this natural insulation.

Exploring further, I suddenly found myself being carefully watched by the head usher. I stopped and looked at him, and he came up to me.

"One of my ushers tells me you've been letting in unauthorized persons," he said.

"Me? I don't think so," I said, "I did let in four friends, but we saved the seats for them since five this morning."

"Since five this morning?" he said, looking indecisive. "Well, we can't have our press people just letting in anybody."

Later, leaving the Tabernacle, I saw the ushers eating my doughnuts. Outside, the crowds were friendly and peaceful. It wasn't even raining.

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Morgan D. King is Editor of The Messenger of Northern California. A full time law student, he is an active member of the San Lorenzo 2nd and University (Berkeley) Wards. His column, Mormon Notes, appears monthly in The Main Forum.

Local Stake Conference Schedules

MAY 9–10 San Leandro Stake
At the Interstake Center

MAY 16–17 FREMONT STAKE
At the Interstake Center

MAY 23–24 HAYWARD STAKE
At the Interstake Center

MAY 17 San MATEO STAKE
At San Mateo Stake Center

MAY 30–31 CONCORD STAKE
At the Interstake Center

MAY 31 SAN FRANCISCO STAKE

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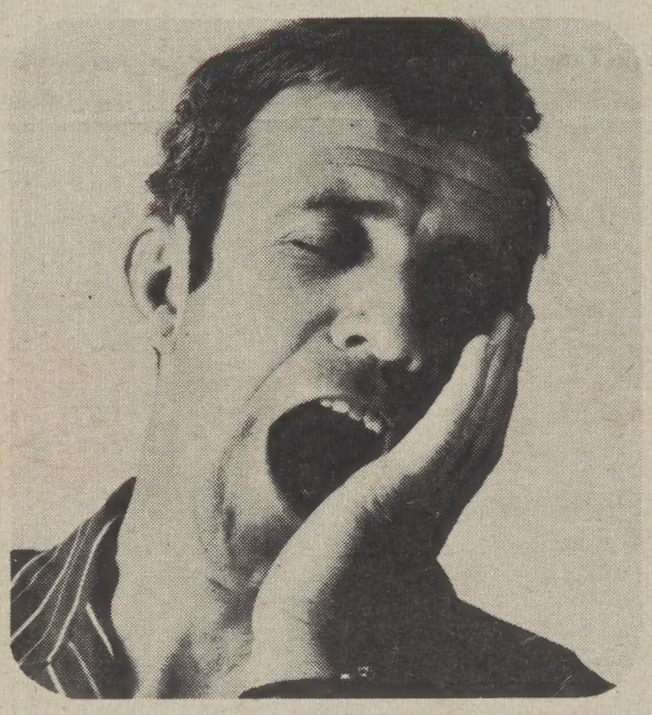

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